Exercise and Nutrition Sciences Masters

Department Information

- **Department Web Site:**
  www.ndsu.edu/hnes/ (http://www.ndsu.edu/hnes/)
- **Application Deadline:**
  Applications will be reviewed until August 1 for fall and December 1 for spring.
- **Credential Offered:**
  M.S.
- **English Proficiency Requirements:**
  TOEFL ibt 79; IELTS 6.5; Duolingo 105
- **Program Overview:**
  https://www.ndsu.edu/programs/graduate/exercise-nutrition-sciences

Apply Now (https://ndsugrad.my.site.com/Application/TX_SiteLogin/?startURL=/Application/TargetX_Portal__PB)

Exercise/Nutrition Science Option

Plan A- thesis

The thesis typically includes a problem statement, a review of existing literature relevant to that problem, and the creation and presentation of new knowledge in providing a solution to the problem. Each student assembles a supervisory committee and pass a final oral examination in which the supervisory committee serves as the examining committee. Following a successful defense, the candidate will submit an electronic copy of their thesis to the Graduate School for review. This path is recommended for all students but specifically relevant for those interested in going on to further graduate work (PhD, DPT, MD). Total Credits 30.

Plan B- paper

The Plan B master's student will develop a thorough understanding of existing knowledge and the ability to apply that existing knowledge to a problem of interest. Note that under this degree, the new knowledge being created is limited, and this is the primary difference between the Plan A and Plan B degrees. The precise nature of the individual creative component is defined by the program. Examples of possible creative components include a comprehensive paper or an integrated field experience. Each student would assemble a supervisory committee and pass a final oral examination. Following a successful defense, the candidate will compose an executive summary or assemble other appropriate documentation as defined by the program to be submitted to the Graduate School. This submission to the Graduate School is to be approved by the student's supervisory committee. This path is recommended for all students but is specifically relevant for those who wish to obtain employment directly after completing their degree or who may still be interested in further graduate work but the scope of the next step is not yet defined. Total credits 30.

Plan C-Internship/Capstone

The Plan C is designed for programs in which a well-defined culminating experience is more important than is an individual creative component. Each program will define a culminating experience such as a capstone experience or some other approach to measure the candidate's understanding of the relevant material in the area (certification, internship experience/project). Upon completion of the appropriate course work and culminating experience, the candidate must submit the examination documentation (if required by program) and an Application for Graduate Degree to Graduate School. This path is recommended for all students but is specifically relevant for those who are currently employed full-time in the community and are wishing to advance their current employment status (i.e., no further graduate work). Total credits 30.

Code	Title	Credits
Research Core Requirements		**6**
HNES 710	Introduction to Research Design and Methods in HNES	
STAT 725	Applied Statistics	
or HDFS 705	Quantitative Methods in Developmental Science	
Exercise Science Core Requirements		**6 (minimum)**
Choose six credits from this list:		
HNES 604	Adapted Physical Activity	3
HNES 703	Graduate Biomechanics of Sport and Exercise	3

HNES 704	Psychological Foundation of Sport & Physical Activity	3
HNES 713	Graduate Exercise Physiology	3
HNES 727	Physical Activity Epidemiology	3
HNES 743	Obesity Across the Lifespan	3
HNES 760	Skeletal Muscle Physiology	3
HNES 761	Physiological and Fitness Assessment in Exercise Science	3
HNES 762	Exercise Endocrinology	3
HNES 764	Advanced Cardiovascular Exercise Physiology	3
HNES 777	Scholarly Writing and Presenting in HNES	3
Nutrition Science Core Requirements		**6 (minimum)**
Choose six credits from this list:		
HNES 642	Community Health and Nutrition Education	3
HNES 658	Advanced Medical Nutrition Therapy	3-4
HNES 668	Foodservice Systems Management II	1
HNES 726	Nutrition in Wellness	3
HNES 735	Nutrition and Human Performance	3
HNES 750	Advanced Human Nutrition: Macronutrients	3
HNES 754	Assessment in Nutrition and Exercise Science	3
Note- the first 6 credits completed in exercise science core and nutrition science core above will meet minimum requirements. Additional courses after the first 6 credits in each category are used to fill elective courses that are also listed below.		
Electives and Culminating Experience		
Plan A - Master's Thesis		
Electives		6
HNES 798	Master's Thesis	6
Plan B - Master's Paper		
Electives		9
HNES 797	Master's Paper	3
Plan C - Internship/Capstone		
Electives		9
Select one of the following options:		3
HNES 793	Individual Study	3
HNES 794	Practicum/Internship	3
HNES 795	Field Experience	3
Electives Courses		
HNES 604	Adapted Physical Activity	3
HNES 642	Community Health and Nutrition Education	3
HNES 658	Advanced Medical Nutrition Therapy	3-4
HNES 668	Foodservice Systems Management II	1
HNES 703	Graduate Biomechanics of Sport and Exercise	3
HNES 704	Psychological Foundation of Sport & Physical Activity	3
HNES 713	Graduate Exercise Physiology	3
HNES 727	Physical Activity Epidemiology	3
HNES 743	Obesity Across the Lifespan	3
HNES 760	Skeletal Muscle Physiology	3
HNES 761	Physiological and Fitness Assessment in Exercise Science	3
HNES 762	Exercise Endocrinology	3
HNES 764	Advanced Cardiovascular Exercise Physiology	3
HNES 777	Scholarly Writing and Presenting in HNES	3
HNES 726	Nutrition in Wellness	3
HNES 735	Nutrition and Human Performance	3
HNES 750	Advanced Human Nutrition: Macronutrients	3

HNES 754	Assessment in Nutrition and Exercise Science	3
HNES 791	Temporary/Trial Topics	3
Total credits		30

Admission and Application Requirements

Graduate School admission and application requirements are found on the Admission Information (http://catalog.ndsu.edu/graduate/admission-information/) page. In addition to these requirements, the following are required:

- GPA 3.0 or higher
- Undergraduate major of Dietetics, Exercise Science, or closely related field.
- Note in the application if you are interested in a graduate assistantship position and indicate any previous experience with teaching, research, or other specific skills, abilities, or certifications you possess that would be relevant.